

People Connect **EAP**

People Corporation's seamless employee assistance program



People Connect EAP is an innovative, integrated solution that provides access to work/life supports and enhanced mental health resources to assist employees and their families through life's challenges.

Easy-to-use, digital-first approach leads to higher engagement than traditional EAPs. In-person mental health counselling sessions are available if preferred.

After they've used the EAP counselling allotment, plan members have access to continued and affordable mental health counselling. Plan members can claim these services through their group benefits plan (dependent on plan design) or pay out-of-pocket.

Additional sessions are charged at a rate of \$90/hour for virtual, and \$110/hour for in-person.

People Connect EAP's core features:

- A convenient online system to book a phone, video, or in-person* appointment with a counsellor or coach.
- Individual and couples counselling, life and career coaching, legal and financial advisory, and 24/7 individual crisis support.
- Access to a recognized mental health self-assessment tool.
- Resources and information for people leaders to help them create a psychologically safe workplace.
- Counsellor-matching technology to meet the diverse needs and preferences of individuals.

**Applicable to mental health counselling only.*

Trauma support and other specialized services are available to employers; additional charges apply.

Get started with People Connect EAP today
– view our [introductory video](#) 

For more information, contact your BBD client specialist.

